

Chronic Disease Connections

Chronic Disease Connections is an e-bulletin created for healthcare systems working with patients to control chronic disease and high blood pressure and help manage prediabetes, diabetes, and high cholesterol.

The Latest Health Promotion is Newsworthy

High-income groups see a bigger decrease in cardiovascular conditions in recent years - Prevalence of cardiovascular disease has decreased among those in the highest income brackets over the past two decades, but that has led to a wider gap between those from lower-resource groups. Among those in higher-income groups, angina prevalence fell from 3.4% to 0.3%. Similar reductions were seen for heart attack and congestive heart failure. While the rest of the population also saw falling rates of angina and heart attack, the rate of congestive heart failure and stroke *increased* in these lower-income groups, two conditions that also tend to have higher out-of-pocket expenses.

New data finds adult obesity is on the rise - Obesity is a common, serious, and costly chronic disease. Having obesity puts people at risk for many other serious chronic diseases and increases the risk of severe illness from COVID-19.

Illinois hospital system turn to tech to engage patients - Memorial Health Center in Illinois is using technology to help manage a broad network of health care providers, home health organizations, hospice providers, durable medical equipment distributors, and others, says Jay Roszhart, president of the health system's ambulatory section. The group has implemented chatbots, telehealth, digital appointment registration capabilities, and text-based reminders.

New analytical model detects mutations in breast cancer - Researchers in Sweden have developed a computational model for detecting and identifying genetic mutations in breast tumors. The study, the largest of its kind in the world, includes results from over 3,200 patients with breast cancer.

Plan Clinic Awareness Activities for Upcoming Health Observations

October



Pharmacist Month

Liver Cancer Awareness Month

National Mammography Day – October 16

National Check Your Meds Day – October 21

Respiratory Care Week – October 25-31



November

National Diabetes Education Week – November 1-7

Alzheimer's Disease Awareness Month

National Family Health History Day – November 25

Stomach Cancer Awareness Month

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Funding Opportunities

- Applications are open for the 2021 **Robert Wood Johnson Foundation Culture of Health Prize**. The prize honors and elevates communities that are advancing health, opportunity, and equity for all. Up to ten winning communities will earn a \$25,000 prize. Applications close on **October 15, 2020**.
- Applications are open for **RFP 58821015 - Primary Care Provider Loan Repayment Program**. This funding opportunity seeks to improve access to primary health care among underserved populations by providing educational loan repayment assistance to primary care medical, dental, and mental health practitioners. In exchange, practitioners must complete a minimum two year, full-time (or four year, half-time) service obligation at an eligible practice site(s) located in a federally designated health professional shortage area (HPSA). The deadline to apply is **October 26**. For more information visit IowaGrants.gov.

Million Hearts News

- Million Hearts and CDC have teamed up to develop **social media graphics** and public service announcements (PSAs) to encourage individuals to seek emergency care for heart attack or stroke. Check out the Dropbox to use and share the **PSAs** and **toolkit** in your practice!
- Flu vaccines are a safe, effective way for **people with heart disease** to stay heart healthy. Offering vaccinations during health care visits and hospitalizations this fall can help millions of Americans. Protect the heart health of your patients, employees, and communities during this flu season by:
 - Assessing the vaccination status of patients and employees.
 - Delaying vaccination for persons with any acute illness.
 - Implementing strategies to address overdue vaccinations.
 - Encouraging all patients to get their flu shot.

Webinars

- **Using Healthy People to Address Social Determinants of Health and Achieve Health Equity** – October 6
- **How to Manage Burnout and Ensure Quality Care** – October 7
- **How Virtual Primary Care Effectively Manages Chronic Disease** - October 8
- **Advancing Health Equity Science, Practice, and Outcomes** – October 14
- **American Heart Association New COVID-19 Podcast Series** – Recorded
- **Webinar Series with the National Diabetes Prevention Program at ADA** - Recorded

Upcoming Events

- The 2020 **Virtual Iowa Cancer Summit** is the only statewide conference dedicated to comprehensive cancer control. The Summit is a **four-week series** happening from 1:00-3:00 **each Wednesday in October**. Attendees will connect with professionals and advocates from around the state and learn about promising practices in cancer control.
- The 2020 **Iowa Diabetes & Wellness Summit** will take place virtually the mornings of **November 12** and **November 19**. The two half days will each include a keynote speaker, breakout sessions, and networking opportunities.

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Telligen QI Connect



Who is Telligen?

Telligen is the Quality Innovation Network – Quality Improvement Organization ([QIN-QIO](#)) for Colorado, Illinois, Iowa, and Oklahoma. There is a QIN-QIO in every state whose job is to bring Medicare patients, healthcare providers, and communities together to make communities healthier. QIN-QIOs work to:

- Make healthcare safer
- Help people manage health conditions, such as diabetes and kidney disease
- Remove gaps in care between different groups of people
- Promote healthy living habits
- Improve access to good quality healthcare
- Make healthcare more affordable

What would I do as a Community Ambassador?

Community Ambassadors volunteer their time to share their thoughts, viewpoints, stories, and ideas in community learning sessions, discussions, and quality improvement projects. You'll be directly involved in finding solutions for the needs and issues in your community. You will join others in your community who come together to:

- Improve patient safety
- Find resources for people with diabetes, kidney disease, and other chronic conditions
- Improve access to care for those with Alzheimer's, depression, and substance use disorder
- Increase safe prescribing and reduce the use of opioids
- Help patients, beneficiaries, and family members to get involved in their healthcare so they can make informed choices

Why should I become a Community Ambassador?

We all need to be part of the process to make a real and lasting impact on the health and lives of our communities. Healthcare providers and community organizations work hard to improve quality of care and the healthcare system. But we also need patients, families, and caregivers to be involved. Community Ambassadors are important and necessary to shape how care is received and to create healthy communities.

Am I eligible to be a Community Ambassador?

- ✓ Do you have Medicare or are you a family member or caregiver for a Medicare Beneficiary?
- ✓ Do you live in Colorado, Illinois, Iowa, or Oklahoma?
- ✓ Do you want to help to improve healthcare in your community?
- ✓ Do you have access to a computer, tablet, or phone?

How does it work?

All activities are being done online using programs, such as Zoom™, that allow people to talk with each other. You can join from your own home using a computer or a tablet, and your phone. Community Ambassadors can join in as many events, discussions, and coaching calls as they would like. We also provide a place online, called the "The Hub" where you can connect with other Community Ambassadors from our four states, share ideas, find resources, and stay up to date on events. You'll get an Orientation Guide, and we'll take you through a short training where you can meet other Community Ambassadors and get your questions answered.

Questions? Contact Program Specialist Risa Hayes at rhayes@telligen.com